

Abstract

Title: Evaluation of Developmental Tendencies in Fitness Aerobic

Goals: Based on the content analyses and timelines of successful professional choreographies from the World Championship 2006-2016, the aim of this work is to forecast developmental tendencies and trends including the optimal content of professional choreographies within the organization FISAF for 2018.

Methods: This Thesis has a character of a quantitative research. The main researching method is the timeline created with the help of a special program called Statistica 2017 and the content analysis developed with the help of a video recording.

Results: Based on the results, it is possible to suppose that a composition can be successful only when it contains 15-16 swinging movements of legs and 17-20 vertical changes (squats, crouch positions) in the physical part, the musical part should consist of 2-4 musical artworks and within the part of choreography there should be 35-40 positions, approximately 25 - 28 contrasting divisions of the group in the movement and space and 10 - 12 interactions between the team members.

Keywords: aerobics, fitness team, FISAF, choreography